

2 BREASTFEEDING FACT SHEET

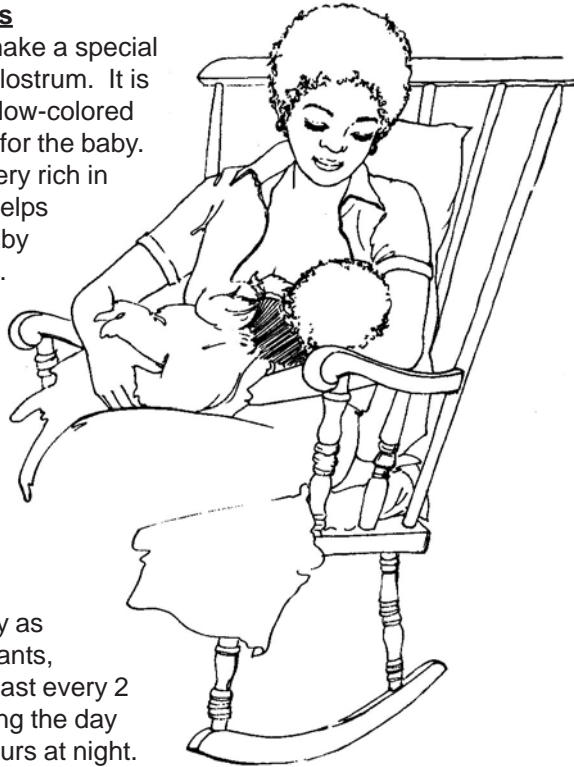
GETTING STARTED – THE FIRST MONTH

Birth to 4 Days

Your breasts make a special liquid called colostrum. It is clear, thick, yellow-colored and very good for the baby. Colostrum is very rich in nutrients and helps protect your baby from infections.

Your breasts will not be really full at this time, since colostrum is made in small amounts. This is normal.

Feed your baby as often as she wants, preferably at least every 2 to 3 hours during the day and every 3 hours at night.



Let your baby nurse as long as she wants. She may nurse for 15 minutes on each breast.

Breastfed babies do not need additional water or formula supplements.

You and your baby are learning to breastfeed during these first days. It takes practice. Ask for help from other nursing moms, your health care provider, La Leche League volunteers or breastfeeding specialists.

Feeding baby often

- Keeps up your milk supply.
- Keeps your breasts from getting too full.
- Helps your baby grow.
- Helps prevent jaundice in your baby.

BREASTFEEDING TRIAGE TOOL

Baby is getting enough breastmilk if she has

- 1 to 2 wet diapers a day.
- 1 or more sticky, black poops a day.

5 to 30 Days

Now your breasts are making breast milk that looks bluish white in color and is thinner than colostrum. It has everything your baby needs to grow.

Offer both breasts to your baby at each feeding. Let your baby nurse as long as she wants – often 15 to 20 minutes on each breast.

Feed baby often

- At least every 3 hours.
- No water or formula supplements are needed. Giving supplements decreases the amount of milk you make.

Baby is getting enough breastmilk if she has

- 6 to 8 wet diapers a day.
- 1 or more loose, yellow poops each day.
- Weight gain.

There may be times when your baby seems hungrier than usual. She will nurse more often than usual for 1 to 2 days. Your milk supply increases to meet her needs. The more your baby nurses, the more milk you produce.

